



Quite a site

The TUCO Conference website for the 2007 conference at the University of Sheffield is now live. It's filled with handy hints about the business programme, as well as the lowdown on the social events. Delegates and exhibitors can also access booking forms here.

David Mckown, training and development manager at the University of Sheffield, comments, "Delegate numbers and exhibitor bookings are looking very promising. If more people book now it will help us develop an exciting event with the knowledge that everything can be met within our budget." It is proposed that the site will be developed even further to cover information on 'Framing the Future' – a piece of detailed TUCO research into student eating habits and preferences (see page 9 for more information).

The website was designed in conjunction with Wildfire communications, which is also responsible for the TUCO website. For all the news on the TUCO conference 2007 and the progress of the 'Framing the Future' research, visit www.tuco2007.co.uk



DAVID RUSSELL ON...

Why you need a healthy appetite



If you visited a doctor, you wouldn't expect them to prescribe ginger, broccoli and garlic. But as we discover more and more phytochemicals – the active compounds in food that prevent disease – that might not be so unlikely.

Allicin in ginger (and spring onions, actually) boosts the immune system with its anti-viral and anti-bacterial properties. Chlorophyll in broccoli helps oxygenate the blood and improves energy. Garlic also contains alliin and acts as an antioxidant, rich in sulphur-containing amino acids. The slaves building the pyramids were given garlic cloves daily to sustain strength, as were Roman soldiers. Garlic contains in excess of 200 biologically active compounds, many of which play a vital role in preventing diseases.

This is age-old wisdom. The Greek physician Hippocrates, born in 460 BC, is quoted as saying, "Let food be your medicine and medicine be your food." He believed the body must be treated as a whole and not as a series of parts – in today's terms that's

holistic! This theory is based on *vis medicatrix naturae* – 'the healing power of nature' – meaning the body has the power to rebalance and heal itself. He believed the healing process involved a process of rest, fresh air, cleanliness and a good diet. So we have come full circle.

Many foods have been found to hold powerful health promoters. It is highly beneficial to include these 'super foods' in your and your customers' diets.

To help, below are few healthy nuggets for you!



Garlic could help prevent disease.

OLD FAVOURITES:

PRODUCT	CONTAINS	USE
blueberries	vitamin C, folic acid, carotenoids	smoothies, top cereals
lentils	complex carbohydrate, B6, iron, zinc, potassium	curry, soups, roasting
cranberries	antioxidants, vitamin C, procyanidins	sauces, juices
broccoli	vitamin B, folate, potassium, iron, riboflavin	raw or steamed
almonds	vitamin E, iron magnesium	snacks, macaroons, puddings
walnuts	alpha – linolenic acid (ALA), Omega 3 acid	snacks, salads
pumpkin	lutein (for eye health), alpha and beta carotene, vitamins E and C, riboflavin	pies, salads

SOMETHING NEW: SEA VEGETABLES

dulse, hijiki, nori & wakame	potassium, calcium, iron	soups (miso), stews, sushi
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GREEN FOODS

spirulina	complete with all essential amino acids	power drinks
chlorella	gamma linolenic acid (GLA), iron, magnesium, B12, vitamins B, E and K, iron, zinc, potassium, sulphur, copper, iodine, calcium, manganese to mention a few	power drinks